

MARKETING HELPS—WOMAN'S EXCHANGE—SOME PRETTY SLEEVES—TAKING IT EASY—CYNTHIA

MRS. WILSON MAKES PLANS FOR SUNDAY

And Also Gives Some Timely Hints About Seasonable Vegetables and How to Select Them

Green Suabian Dumplings Are a Dish in Themselves and Include Many Appealing Ingredients

By MRS. M. A. WILSON

MOTHER nature is a bountiful provider for her human family. Each season has its own products that are sufficient for the thrifty housewife, if she will avail herself of these foods.

To purchase strawberries, new potatoes and other hortensive specialties when they are out of season is very poor economy. Fruits and vegetables that are forced and out of season have little real flavor. When marketing for food, become familiar with the various canned packs of peas, beans, corn and asparagus.

Do not buy foods because of their fancy labels.

When buying fresh vegetables you should know that asparagus should have firm, close heads and tender stalks and it should be in a strictly fresh condition. Old asparagus, the kind that the produce man trims and stands in a pan of water, will be lacking in flavor and tough in texture.

Early turnips, blue beans, small or medium sized, are best and sweetest. Large beans are frequently apt to be tough. Brussels sprouts belong to the cabbage family; they should be picked when the buds are closed and they are in best condition when the buds are the size of a large walnut, with fresh, unswelled leaves.

Beans, string, snap and butter, should be quite fresh. Wilted beans are hard to make appetizing, as they frequently require long cooking to make them tender. Beans should break brittle, with a snap. Carrots of medium size are sweetest and they should be firm. Cabbage should be selected in medium-sized heads and should be quite solid and crisp.

The exceptions—red cabbage, curly cabbage, also new cabbage. The cauliflower heads are best when the attractive flowerets are white, firm and crisp. Old or trimmed cauliflower is strong flavored. Medium-sized cabbages, in which the seeds are not overdeveloped, are best; they should have a good green color. Wilted or partially yellow cabbages are not desirable.

Corn must be fresh and not allowed to heat in the sun or in a pile; it should be free from worms.

Eggplant—The long purple is most desirable. To test for freshness, press the skin with the fingers and if it will give considerably. Unless the plant is fresh, it is quite apt to have a bitter kind of taste.

A SUGGESTIVE SUNDAY MENU

- Planning the Sunday menu to provide suitable food for the season of the year means much to the thrifty housewife.

- BREAKFAST: Sliced Oranges, Cereal and Cream, Scramble Cakes, Lyonnaise Potatoes, Corn Dodgers, Coffee.

- DINNER: Clear Tomato Soup, Braised Shoulder of Lamb, Green Suabian Dumplings, Lemon Meringue Pie, Coffee.

- SUPPER: Rice Cakes, Tomato Sauce, Potato Salad, Colelaw, Cherry Shortcous, Tea.

- Scramble Cakes: Mash the scramble and then form into thin round cakes. Brown in hot fat.

- Corn Dodgers: These should be made ready on Saturday and then used for breakfast on Sunday. Place in a saucepan: Two and one-half cups of boiling water, One teaspoon of salt, Three level cups of cornmeal.

- Cook until thick like mush and then turn into a mixing bowl and let cool. Now add: One-half cup of flour, One level tablespoon of baking powder, One level tablespoon of shortening, One level tablespoon of sugar.

- Mix thoroughly to blend and then roll in sticks three-eighths long, and one inch thick. Set aside until needed to bake. Place in a baking pan one-half cup of shortening and then place in oven until very hot. Then add the corn dodgers in the prepared hot baking pan and bake for thirty minutes in a hot oven. These Kentucky corn dodgers are delicious for breakfast.

- Braised Shoulder of Lamb: Select a small shoulder and have the butcher roll, with one and one-half cups of water, and one cup of onion. Place in a baking pan one-half cup of shortening and then place in oven until very hot. Then add the corn dodgers in the prepared hot baking pan and bake for thirty minutes in a hot oven. These Kentucky corn dodgers are delicious for breakfast.

- Cover closely and then cook slowly for two hours. Season and add sufficient water to make a gravy and then serve.

- To Make the Dumplings: Place the bones from the shoulder of lamb, Two onions, One clove, One bouquet of soup herbs, Three pints of water in a pan, bring to a boil and simmer

- slowly for one and one-half hours. Strain into the pan in which you wish to cook the dumplings.

- Green Suabian Dumplings: Place in a mixing bowl: One-half cup of finely chopped parsley, One-fourth cup of finely chopped onion, One-fourth cup of finely chopped green celery leaves, One and one-half teaspoons of salt, One-half teaspoon of white pepper, One-half teaspoon of thyme, One and one-half cups of mashed potatoes, One and one-half cups of flour, Two level tablespoons of baking powder, One egg, Four tablespoons of milk, One-half cup of shortening.

- Work to a smooth dough and then form into balls the size of an egg and drop into the boiling stock. Cook for twelve minutes. Lift to a casserole and sprinkle with the following mixture. Place in a frying pan: Four tablespoons of bacon or ham fat, One-half cup of finely minced onion, One-half cup of finely chopped green celery leaves, One and one-half cups of soft bread crumbs, One and one-half cups of grated cheese, Spread over dumplings. Dish meat on hot platter and serve the dumplings from the casserole dish. Cover with plenty of gravy.

- Adventures With a Purse: NOT so many years ago such a thing as soap flakes was quite unknown. But one day somebody thought of them, and then along came a very wise manufacturer who made them—right—now we all use soap flakes. That same manufacturer has now perfected a product which is both a soap flake and a dye. So now you can wash and color the many shades and colorings, that one can use it for the finest garments and underthings. One dissolves some in water and places in it the garment to be washed and dyed. Out it comes fresh and clean and renewed in color. A box of this costs ten cents.

- Wouldn't you believe that any face cream which had in it any part of the soft, cleansing milkweed would be good? Well, this cream has some in it, although I cannot pretend to know just how it is made, and so soft and lovely. It is this cream and so efficacious in bleaching and softening the skin, and so nothing of cleansing it, that is certain very well-known French advertisement has given it her whole-hearted endorsement. You can buy a jar for forty-seven cents.

- When the Honorable Peter has been particularly dutiful, and is deserving of recognition for his virtue, then he is given a special treat for "tomorrow morning's breakfast." For around a corner that is not too inconvenient and out-of-the-way for you, too, is a little shop, a bake shop. And there may be had coffee cakes, fat and succulent. Aromatic cinnamon, in thick layers, is tucked in among their many folds and creases. And peeping out in all sorts of places are fat raisins, tender and juicy. And over the top of each coffee cake is a rich, creamy icing, that is just "goody." The coffee cakes may be had for your breakfast and luncheon for thirty cents a dozen. And if you could send Peter's sincere expressions of love to them, you would know that when I say they're good, they really are!

- Send a self-addressed, stamped envelope to the Editor of Woman's Page, or call Walnut 2000, for names of shops where articles mentioned in Adventures with a Purse may be purchased.

Ask Mrs. Wilson

If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, Evening Public Ledger, Philadelphia.

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Please Tell Me What to Do

By CYNTHIA

Suggests Anna C. is Kidding Dear Cynthia: I started reading your paper a few nights ago and seem interested in it. Well, here goes to "Anna C." As far as kissing is concerned, I do not think much of you for a young lady. I wouldn't doubt you are the kind that kisses anything that comes along, as long as it is a man. And after he falls for you, you then give him the aid; excuse the expression, please.

Dear Cynthia—I do not believe you kiss as much as you say you do. I am from Missouri—you've got to show me. Seeing is believing, kiddo. I think you just like to kid the readers of this column along. How about dropping the matter and talking about something sensible? So long, Cynthia; wish you good luck, for you are one out of a million that has common sense.

FRENCHY FROM SUNNY FRANCE.

Says Girls Are Cheaters Dear Cynthia—I am a doctor—rather young and unmarried, but with enough practice to be comfortably busy and financially—and to come in contact with all sorts of people and all sorts of conditions. Because of your large number of readers I am asking you to print two little paragraphs stories which have a moral that may mean a great deal or little—as the reader takes them.

Before I went to France my cousin—a girl of sixteen—was the owner of a beautiful head of curly hair which she wore down her back. When I came back her hair was dead-looking and on one side of her head painfully thin. The answer? She had been wearing "rats" since she put her hair up. Upon my advice she has discarded the "rats" and is brushing, brushing, brushing, to thicken her hair once more. That's one instance—now the other: My best friend, Jack, came back from his honeymoon and drifted in to see me. He had a wonderful time, and all that, but was a trifle cynical. "Frankly, he burst out: "Frank, I guess all women cheat a little." I was rather nonplused, but asked him where he had accumulated all the worldly wisdom. And this is what he said: "So was proud of my wife's hair, so thick and plentiful I thought—'but I found it to be mostly 'rats.' Now I know why she never dried it in the sun at the beach in front of me. And when we played whist on the train with another couple I was terribly embarrassed at her pretty complexion. I guess you can't expect a woman to play quite fair like a man."

THE LITTLE DOC.

Approves of 'Star Dancer' and N.Y.S. Dear Cynthia—A few nights ago a young man wrote to you, or rather to "Star Dancer," and said that no respectable girl could be found in his cabaret. I quite agree with this young man. Every girl that I have ever known of that came out of one of those places was quite "down" and "down" with me. Cynthia? Don't you hear of a refined girl coming out of one of those places? I think "Star Dancer" has the wrong opinion of the respectable girl. I quite agree with the young gentleman that wrote last Saturday evening the article in Cynthia's column. I hope many others do.

VIYAN.

No, Viyan, you exaggerate. Lots of nice girls go to cafes, but if they do they are always chaperoned.

"N. Y. S." Answers

Dear Cynthia—I have read the letter of "Innocent Seven," in which she says that she still believes it is right to snuck a fellow in the face, and I thought I would let her know that I still think it very unlikable to do this. I also want "Innocent Seven" to know that I didn't mean to offend her, as my last letter was really directed to the other girl who wrote and said she had a habit of snuck her love in the face, and to the "Star Dancer."

I also read the "High School" girl's

Which Do You Prefer? A Daily Fashion Talk by Florence Rose



Here are sleeves of ribbon, sleeves that end in puffs, slashed sleeves, kimono sleeves, all short! The long sleeve seems to have gone into hiding for a while. But when short ones can be as attractive as these, who cares?

SOMETHING has happened to Sleeves!

And in those wonderful dressmaking establishments where there are specialists for each of the parts of a gown, each one of whom does her own specialized work on the creation of each gown, it is the sleeve draper who will have to do the most bustling this spring. For none of the things she knew about sleeves last season seem to apply to the sleeves that are to be in vogue. The older order has changed, giving place to new.

For one thing the long, close-fitting sleeve is simply departed, save, of course, as a coat or jacket sleeve. If the sleeve is long, then it is slightly flaring. The demand now in most dressmaking establishments is for sleeves that they fit the shoulder very much better than they have done before. The idea used to be with the kimono sleeve that they fit the shoulder with any one, fat or lean, broad or narrow, and that that was the chief advantage of a kimono sleeve, anyway. But now very great pains are put on the fit of a kimono sleeve, because fashion demands that it be adjusted with precision and care.

We have accepted the short sleeve that has been rampant in Paris for so many months, but with modifications. It is just a shade longer, and it is often—more often than in Paris—drawn into a band or cuff. Sometimes it flares, but the extremely short sleeve that flares directly off the arm at a point slightly below the shoulder— you have seen it in so many French photographs of smart women—remember that it surely is familiar to you—does not seem to have taken off this side of the Atlantic. In our sketch today you may see some of the various types of short sleeves that will be used by the best dressmakers here this spring. And you will see in the center lower sleeve the Americanization of the French flaring short sleeve.

At the top of the drawing to the right there is a sleeve made entirely of ribbon or of strips of the material all drawn into a band that fits midway between shoulder and elbow. This is a sleeve that will find its way into some very attractive dance frocks. Below this there is a sleeve that shows slashing, also suitable for dance frocks. At the lower left corner there is a sleeve that shows a well-fitted top portion, with a puff that comes above the elbow and is confined in a narrow band just below the point of the elbow. This is a sleeve that will be used for a daytime frock and a quaint touch could be gained by making the upper portion of heavier fabric with the puffing of lawn or organdie or net. The sleeves in the blouse are cut in one with the body of the blouse and show an interesting disregard for sleeve traditions.

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was in the navy eight years, having served a long time overseas. I will have the EVENING PUBLIC LEDGER follow me, as I always enjoy reading it, especially the Woman's Page. It seems luck has always come my way, as I have had several good times since writing to it and receiving an answer. I hope that "A Sailor of the Suicide Fleet" succeeds in cultivating new friends and has his good time, if not already started in the house are cut in one with the body of the blouse and show an interesting disregard for sleeve traditions.

"LONESOME—THAT'S ALL."

Dear Cynthia—I wish to thank "A Sailor of the Suicide Fleet" for his promptness in answering my letter. It really is somewhat encouraging to think that some one answered my letter, and to be a fellow whose uniform I will respect all the days of my life. My brother

MARY A. WILSON

School of Cooking 241 South 23d St. Late U. S. Navy Commissary School Instructor in the U. S. Navy School of Cookery, Philadelphia, Pa. Phone Spruce 753. Registration now open: classes start Jan. 18th, 1920.

The Woman's Exchange

To Stiffen a Veil To the Editor of Woman's Page: Dear Madam—Will you please answer the following questions in your columns: How to stiffen a veil, navy blue of good quality, all right in every way but has lost its stiffness. Also, I have read that it is not correct to have a silver service or cut glass on display on the top of a buffet. Please tell me what should be placed on the top and what to do with a shelf over the mirror of the buffet. Is it best to leave it bare, or should some small pieces be used on it? R. A. R.

Sugar would be the best thing to use to starch the veil, but it does not seem quite right to use that now, when sugar is so scarce. Borax or gum arabic is a good starch for fine materials, and if used in a very weak solution would be satisfactory for the veil. It is perfectly proper to have a silver service on the buffet or cut glass if there is not so much that it looks like display. No piece of furniture looks well if it is piled with things on top, but if it is carefully arranged so that the buffet does not look crowded it looks very well. Two or three small silver bud vases or glass bowls on the shelf would be perfectly correct.

Wants to Find Census Taker

To the Editor of Woman's Page: Dear Madam—I wish to see a lady who is at the present time taking the census in Philadelphia. Will you kindly let me know where I can see her and how to go about it? A READER.

The only way you can find out what district this person is working on is by writing to the Census Bureau, 320 South Broad street. State your reason for wanting to find out where she is. Unless it is a very important reason I am afraid you will not be able to locate her, for there is such a long list of census takers that the Census Bureau will not be willing to look up one name unless it is very necessary. If you know the name of this person, you could find her address in the directory, or even in the telephone book. I hope you will be successful in finding her.

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Ask For Mrs. Morrison's Puddings

"Goody, the goodie," say the youngsters, when they see these Tasty Food Desserts. And it's a real comfort to know that they're so pure and wholesome, that the more the kiddies eat, the better. 2 delicious flavors; Chocolate and Golden Vanilla. At Your Grocer's—12c THE MORRISON CO., PHILA.

BEATRICE NEVER LIKES ANY POSITION SHE GETS

There Is Always Something Wrong About Every Place in Which She Works—Some of Us Feel That Way About Life

BEATRICE is always changing her position. She never can find anything that suits her for longer than a month or two months at the very most. She is wildly enthusiastic at first about her position, but when you meet her about six weeks later she says disgustedly, "Why, I wish you could see the way I had to work at that place. Never got home till six, busy every minute of the day. Not for mine, nothing like that!" And off she goes on the lookout for something else—something that's easy. For, after sympathizing a great many times with Beatrice about her lack of luck in getting the ideal position, all her friends have decided that what Beatrice really wants is to be a sort of honorary clerk, or stenographer, or saleswoman or something of the kind, and just sit back at her ease and let the money pour into her lap.

At first we all think, "Well, who wouldn't like to do that?" But when we stop and think it over, carefully, slowly, and imagine ourselves sitting back with nothing to do but spend money—wouldn't it be wonderful for a few months? But after a few months, when everything in sight is bought, and there is nothing to do but wear some of the rest of it—oh, wouldn't it be tiresome? Wouldn't we long for just one stocking to darn? And if some one handed us a pile of dull, uninteresting letters to type, wouldn't we almost pay for the privilege? I'm pretty sure we would.

Beatrice will never find her ideal position until she changes her ideal and substitutes a little more will for the too much want in her nature. We who want life to come easily to us really get more pleasure out of fussing about our difficulties of it than we would get out of sitting back and having it handed to us on a silver platter. Don't you think we would?

SOMETIMES we get the idea that life in general is all too hard, anyhow. We feel that we should like to have everything happen just as we plan it, even to the impossible, improbable, impractical dreams we dream. We can't understand why disappointments have to be, why sorrow has to come, why there should be discomfort. We want everything easy, and we don't want our peace and tranquility to be disturbed in any way. Suppose our lives did go on

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Ask For Mrs. Morrison's Puddings

"Goody, the goodie," say the youngsters, when they see these Tasty Food Desserts. And it's a real comfort to know that they're so pure and wholesome, that the more the kiddies eat, the better. 2 delicious flavors; Chocolate and Golden Vanilla. At Your Grocer's—12c THE MORRISON CO., PHILA.

Goody

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First Prize \$100 Second Prize \$50 Five Prizes \$25 Each Ten Prizes \$10 Each Twenty-five Prizes \$5 Each

A pound of GOODY Nut Butter will be delivered by your dealer—FREE—after close of contest if your idea does not win a cash prize

Everyone may try for these prizes. Simply send a suggestion that will help us describe this new product so others will know something of its goodness—any idea that may occur to you—a recipe—a slogan—a new use for it, may win one of these prizes.

Made by a New, Exclusive Process We have developed a new process to take the place of the Animal Fat-Oleomargarine process commonly used in making Nut Butter and no other manufacturers of Nut Butter can use our process—the Ashby Process—and to this process GOODY Nut Margarine owes its superiority.

Perhaps you have tried other nut margarine. Perhaps even you have used it for a while. You remember how pleased you were with the idea of nut margarine when you first heard of it. GOODY is what you hoped other nut margarine would be—uniformly delicious and melts at the same temperature as creamery butter.

No Animal Fats GOODY contains nothing but the white meat of the coconut, peanut oil, pasteurized milk and butter salt. Can you imagine a more appetizing food?

No Preservatives GOODY is made from such pure ingredients by such a skillful, cleanly process that it does not need to be preserved. Preservatives in nut margarine are only to cover up the carelessness or the ignorance of the manufacturer.

You can depend upon GOODY. It is always good when kept as butter ought to be kept—it "spreads" like butter and is more economical and more satisfactory than other nut butters.

GOODY is Guaranteed Food prices are high—people cannot afford to experiment—so, for your protection we guarantee GOODY—

Best—Or Your Money Back! "Buy a pound package of GOODY from your dealer. Then after using it, if you do not like GOODY as well as the choicest creamery butter you ever ate, your money will be refunded without a word."

Now we want your ideas about how best we may tell everyone else know these things about GOODY.

Remember—Cash prizes for the best ideas—a pound of "GOODY" FREE if your idea does not win a cash prize!

Here's How You Can Enter the GOODY Idea Contest

Simply fill out the coupon and mail it to us. Then you are entered in the GOODY Idea Contest and can send your ideas at any time before the close of the contest, which will be February 1, 1920. But to insure having your name entered, please fill out the coupon and mail it today. When you do send your ideas, don't worry about the form or style—simply jot them down on paper and sign your name and address.

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PORK LION ROAST 27c lb. Shou ers (1 Best) PORK 22c lb. Our Own ane age MEAT 25c lb.

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Miss Princes Pure Phosphate Baking Powder

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Pie Crust

If you wish to make delicious, easily digested pie, use about one-half the quantity of short-crusting usually specified in pie recipes, and let six or eight of our used and one level teaspoonful of

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Pure Phosphate Baking Powder You will be delighted with the improvement. lb. net weight. 1/2 lb. net weight. 35c At Your Grocer's weight 2 1/2

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Butcher Roast 18c Hamburg Steak 18c Head-quarters for Fish and Oysters, open packed, in glass jars, 45c Hamburg, Choice, All cut brands, 35c Poultry (8 lb. average) Fancy, 35c Daily Deliverments of Rabbits and Selected Eggs (cartons), 35c Dues.

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